This listing of claims will replace all prior version, and listings, of claims in the application:

Listing of Claims:

1. (previously presented) A lifting device for moving an item relative to a support surface, the lifting device comprising:

a catch including a top panel, said top panel having a top surface, a bottom surface and at least one slot, said at least one slot comprising a confining end and a receiving end open to an entry hole in said top panel,

a bob including weighted body, said weighted body being insertable through said entry hole in said top panel, but not through said at least one slot, and

a tether attached to said bob.

2. (original) The portable lifting device of claim 1 further comprising a securing means for attaching said catch to said load to be moved.

3. (original) The portable lifting device of claim 1 wherein said entry hole in said top panel is positioned within a concave depression in said top panel.

4. (previously presented) The portable lifting device of claim 1 wherein said bob further includes a shank projecting from said weighted body, and said shank may be received in said slot, and said weighted body is adapted to contact said bottom surface of said top panel when said portable lifting device is used to lift an object.

5. (original) The portable lifting device of claim 1, wherein said catch comprises at least one side panel.

6. (original) The portable lifting device of claim 1, wherein said catch comprises at least four side panels.

7. (original) The portable lifting device of claim 1, wherein said catch comprises a single piece of durable rigid material.

8. (previously presented) The portable lifting device of claim 1, wherein said catch further comprises bottom panel.

9. (original) The portable lifting device of claim 1, further comprising a means for securing said catch to an object to be lifted.

10. (previously presented) The portable lifting device of claim 2, wherein said securing means comprises at least one strap.

11. (original) The portable lifting device of claim 1, wherein said at least one slot comprises four slots.

12. (original) The portable lifting device of claim 1, wherein the weighted body comprises a durable rigid material.

13. (original) The portable lifting device of claim 1, wherein said weighted body is cylindrical in shape.

14. (previously presented) The portable lifting device of claim 1, wherein said shank further comprises a tether anchor sized to prevent passage through said entry hole.

15. (previously presented) A method for selectively moving a load between a low position and an elevated position, the steps comprising:

a. providing a portable lifting device comprising a catch including a top panel, said top panel having a top surface, a bottom surface and at least one slot, said at least one slot comprising a confining end and a receiving end open to an entry hole in said top panel, a bob including weighted body, a shank projecting from said weighted body, and a tether anchor connected to said shank, said weighted body being insertable through said entry hole in said top panel, but not through said at least one slot, said at least one slot being sized to receive said shank, a tether attached to said tether anchor;

b. securing said catch to the load;

c. lowering said bob to said catch and allowing said weighted body of said bob to pass through said entry hole;

d. moving said shaft into one said slot;

e. applying a vertical force to said tether causing said weighted body to contact said bottom surface of said top panel; and

f. adjusting a length of tether between a user and said tether anchor to raise or lower the load.

16. (previously presented) The method of claim 15 further comprising the steps:

g. lowering the load to a support surface;

h. allowing said shaft to move in said slot toward said entry hole; and

i. pulling said weighted body upward through said entry hole.

17. (previously presented) A portable lifting device comprising:

a catch including a top panel, said top panel having a top surface, a bottom surface and at least one slot, said top panel further including a concave depression within which depression is defined an entry hole, said at least one slot comprising a confining end and a receiving end open to said entry hole and adapted to receive and engage a weighted body on a tether;

said catch adapted to be connected to a load;

whereby said catch may be connected to a load and be lifted or lowered by a tether with said weighted body on the tether.

18. (previously presented)The portable lifting device of claim 17 wherein said catch is removably connected to said load.

19. (previously presented) The portable lifting device of claim 17 wherein said catch is permanently connected to said load.